



**Swimming Lessons
Winter 2024
January 8th – March 11th, 2024**



123 Doncaster Street | 204.477.7510 | www.radyjcc.com

Registration Dates:

- December 14th, 2024, 9:00 am – For Members
- December 18th, 2024, 9:00 am – For Non-Members

Refund Policy:

All refunds are subject to a **20% admin fee**. Refunds will only be issued up to **7 days prior to start date of program** unless the withdrawal is for medical reasons. Refunds will be issued in the form of a Rady JCC gift card to be used for a future program.

There are no make-up classes for missed classes due to the participant. If we need to cancel lessons for any unexpected reason, you will be refunded by gift card for the missed class or if possible, we will extend the session by a week. If we extend the session, we will notify you by phone or email that is on file. We may be able to accommodate make-up classes for Semi-Private or Private classes on a case-by-case basis.

The Rady JCC reserves the right to cancel any course at any time, should the course not meet the minimum number of participants registered.

No Swim Lessons on Monday, February 19th, 2024

You can also stay up to date by following us on Facebook & Instagram for any updates and reminders.

Dear Parents, Guardians & Swimmers – Please Read

It is that time of the year again! Registration season is upon us! To ensure you are ready to have a successful and smooth registration process here are a few steps you should take **at least one week before registration**.

1. Set up an online account/review your online account to ensure it is correct, up to date, and all family members are on the appropriate accounts.

- a. If you have never registered for a program here at the Rady, create a guest profile [here](#). **For a successful registration, please ensure all of your family's information, your information, your spouse's/partners information, and your child's/dependents information are all linked to the account you are using to register including all their account details.**
- b. If you have registered with us before, please ensure you are able to successfully log on to your account and that any participant you want to register is included on your account. Please click [here](#) to find the log in page.
 - i. If you are unable to, please contact us at 204.477.7510 to get your password reset and gain access to your online account. Please do not create a duplicate account.
 - ii. Ensure your account information is correct. It is essential your children are on your account with the correct birth date as there are age restrictions for certain courses. Please also ensure your email is correct as this is how we communicate with our program participants. You will need to contact us at 204.477.7510 to update your account.
- c. **Contacting us the day of registration via phone will be challenging for you to get through as we receive extremely high call volumes. It's best to plan ahead and register online to ensure you get into the class you want.**

2. Find out what class you wish to register for.

- a. If you are currently registered in a program, discuss with your instructor what class they recommend for the next session. You can access all past report cards completed at the Rady JCC starting from Winter 2023 session at <https://swimgen.net/search/radyjcc>. To access your reports on SwimGen, you will need to know your Rady Account #. This can be found by logging on to your account and clicking "account Info". Please keep in mind that when entering in JCC, it does need to be capitalized.
- b. If you are not currently in a program, look at past report cards to see what level the instructor recommended registering in next.
- c. Is it your first time registering for a program here? Or has it been over a year since you were last in a program? Please look at our program descriptions in this guide that will assist you in figuring out which program is best suited for your needs.
- d. Once you know what course to register for, please browse through the different course dates and times found in this guide. Give yourself multiple options for course dates & times as classes do fill up quickly!

3. Find your gift card or gift card code!

- a. If you have a gift card for the Rady JCC, ensure you know where it is and what the 4-digit code is.

4. To ensure the safety of all Rady JCC guests, swim lessons will have the following safety measures in place:

- **Please arrive 10 minutes early & know the name of the person registered, the level and time.**
 - A Supervisor will greet you on pool deck and direct you to your meeting location (under the sign labeled for your level).
- **If you or your child is sick – please stay home!**
 - To protect yourself and those around you, we ask that if you or your child are feeling unwell, that you refrain from attending swim lessons so that we can continue to ensure a safe environment for those of all ages who use our community's facilities.
 - We do not credit or extend your lesson if you are unable to attend a lesson. If you can no longer attend the remainder of the class due to ill/injury, we would ask for a doctor note and would reimburse the remainder of the classes in the form of a Rady JCC gift card.
- **Please touch base with your instructor**
 - Discuss with instructors the progress of the swimmer. **Let the instructor or Deck Supervisor know of any issues as soon as they arise.**
 - If you are wanting to know the progress on a participant, please talk to a Deck Supervisor who will be able to give you all the information you need. We encourage open communication between parents and Instructors, so please touch base with Instructors as you need as well.
- **Please note our stance on behavioural issues in class**
 - *We want to ensure that all participants have the attention that they require in class. Behavioural issues can cause setbacks and delays in delivering the curriculum. If a participant is being disruptive during the class, they will be given direction to correct their behaviour. If the disruptive behaviour continues, they will be asked to sit on the side. If the behaviour continues, we will ask that the parent/caregiver step in to deal with the participants behavior.*
 - *We value safety for our Instructors and Participants. Violent behaviour towards our Instructors or other participants will not be tolerated. If a participant is being violent, they will not be allowed to join the class until the behaviour stops. It is the parents/caregivers responsibility to manage this type of behaviour.*
 - *A Deck Supervisor and/or Instructor will approach you if they have any concerns.*
- **Your feedback is valued.**
 - Please provide feedback to a Rady JCC member to allow us to adapt and adjust to our communities' needs while still providing a safe environment for all.

We thank you for taking the time to ensure registration goes smoothly for you and your family. If you have any further questions or concerns, please contact us at **204-477-7510**.

Sarah Dyck

Aquatics Manager
Rady Jewish Community Centre
B100-123 Doncaster Street
Winnipeg, Manitoba R3N 2B3
Ph: 204.477.7541



SWIMMING LESSONS PRICING FOR JANUARY BASED ON 9 CLASSES

<u>Course</u>	<u>Member Price</u>	<u>Non-Member Price</u>	<u>Course Length</u>	<u>Number of Classes</u>
Parent & Tot	\$81.00	\$96.30	30 minutes	9
Preschool 1 – 5	\$119.25	\$141.30	30 minutes	9
Swimmers' Level 1 – 3	\$112.50	\$133.20	30 minutes	9
Swimmers' Level 4 – 6	\$119.25	\$141.30	45 minutes	9
Lap Pool Private Swim Lessons	\$306.00	\$369.00	30 minutes	9
Lap Pool Semi-Private Swim Lessons	\$198.00	\$235.80	30 minutes	9
Kiddie Pool Private Swim Lessons	\$306.00	\$369.00	30 minutes	9
Kiddie Pool Semi-Private Swim Lessons	\$198.00	\$235.80	30 minutes	9
Adult/Teen Lessons Beginner & Intermediate	\$119.25	\$141.30	45 minutes	9

ALL COURSES ARE 9 WEEKS (9 CLASSES) FOR WINTER 2024

> [Register Here](#)

Parent & Tot Program Overview:

Age 4 months – 3 years | Lessons take place in the Kiddie Pool – **Parents are required in water.**

Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting.

This class includes Parent and Tot 1, Parent & Tot 2, and Parent & Tot 3. Your child will be evaluated in Parent & Tot 1, 2, or 3 based on age. Certified instructors provide guidance and answers to your questions.

***When registering for a Parent & Tot class, you must register under the child's name.**

This class is designed for ages 4 months up to 3 years old.

Participant Min: 3 | Max: 10

Cost per 9 classes: Members: \$81.00 | Non-members: \$96.30

Prices are pro-rated depending on the length of the session.



January 8 th – March 11 th No Class February 19 th	Mon 10:30a-11:00a	320-3100	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 11:00a - 11:30a	320-3101	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 5:30p - 6:00p	320-3102	9 Classes
January 9 th – March 5 th	Tue 5:30p - 6:00p	320-3103	9 Classes
January 10 th – March 6 th	Wed 1:30p - 2:00p	320-3104	9 Classes
January 10 th – March 6 th	Wed 3:00p - 3:30p	320-3105	9 Classes

January 10 th – March 6 th	Wed 5:30p - 6:00p	320-3106	9 Classes
January 11 th – March 7 th	Thu 6:00p - 6:30p	320-3107	9 Classes
January 13 th – March 9 th	Sat 10:15a - 10:45a	320-3108	9 Classes
January 13 th – March 9 th	Sat 10:45a - 11:15a	320-3109	9 Classes
January 13 th – March 9 th	Sat 11:15a - 11:45a	320-3110	9 Classes
January 13 th – March 9 th	Sat 11:45a - 12:15p	320-3111	9 Classes
January 14 th – March 10 th	Sun 9:00a - 9:30a	320-3112	9 Classes
January 14 th – March 10 th	Sun 9:30a - 10:00a	320-3113	9 Classes
January 14 th – March 10 th	Sun 10:00a - 10:30a	320-3114	9 Classes
January 14 th – March 10 th	Sun 11:00a - 11:30a	320-3115	9 Classes

> Register Here

Lifesaving Society Swim for Life Preschool Program Overview

Give your child a head start on learning to swim. The Lifesaving Society Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep. In our basic aquatic progressions, we work to ensure 3- to 5-year-olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

These classes are designed for children who are 3 to 6 years old within the session. Once they have turned 6, they should transfer into the Swimmers program.

Participant Min: 2 | Max: 4

Cost per 9 classes: Members: \$119.25 | Non-members: \$141.30



Preschool 1:

We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll floats and glide on their front and back and learn to get their face wet and blow bubbles underwater.

This is a transitional level all items are assisted with parent or instructor. The goal is to have no parents in the water by the end of the lessons.

January 8 th – March 11 th No Class February 19 th	Mon 10:30a-11:00a	320-3200	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 4:30p - 5:00p	320-3201	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 5:00p - 5:30p	320-3202	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 5:45p - 6:16p	320-3203	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:00p - 6:30p	320-3204	9 Classes
January 8 th – March 11 th	Mon 6:15p - 6:45p	320-3205	9 Classes

No Class February 19th			
January 9 th – March 5 th	Tue 5:00p - 5:30p	320-3206	9 Classes
January 9 th – March 5 th	Tue 6:00p - 6:30p	320-3207	9 Classes
January 9 th – March 5 th	Tue 6:30p - 7:00p	320-3209	9 Classes
January 9 th – March 5 th	Tue 6:30p - 7:00p	320-3210	9 Classes
January 10 th – March 6 th	Wed 4:30p - 5:00p	320-3211	9 Classes
January 10 th – March 6 th	Wed 4:30p - 5:00p	320-3212	9 Classes
January 10 th – March 6 th	Wed 7:00p - 7:30p	320-3213	9 Classes
January 11 th – March 7 th	Thu 4:30p - 5:00p	320-3214	9 Classes
January 11 th – March 7 th	Thu 6:30p - 7:00p	320-3215	9 Classes
January 12 th – March 8 th	Fri 4:30p - 5:00p	320-3216	9 Classes
January 13 th – March 9 th	Sat 10:15a - 10:45a	320-3217	9 Classes
January 13 th – March 9 th	Sat 10:15a - 10:45a	320-3218	9 Classes
January 13 th – March 9 th	Sat 10:45a - 11:15a	320-3219	9 Classes
January 13 th – March 9 th	Sat 11:15a - 11:45a	320-3220	9 Classes
January 13 th – March 9 th	Sat 12:15p - 12:45p	320-3221	9 Classes
January 13 th – March 9 th	Sat 2:30p - 3:00p	320-3222	9 Classes
January 14 th – March 10 th	Sun 9:30a - 10:00a	320-3223	9 Classes
January 14 th – March 10 th	Sun 10:00a - 10:30a	320-3224	9 Classes
January 14 th – March 10 th	Sun 10:30a - 11:00a	320-3225	9 Classes
January 14 th – March 10 th	Sun 11:00a - 11:30a	320-3226	9 Classes
January 14 th – March 10 th	Sun 12:30p - 1:00p	320-3227	9 Classes
January 14 th – March 10 th	Sun 1:00p - 1:30p	320-3228	9 Classes
January 14 th – March 10 th	Sun 1:30p - 2:00p	320-3229	9 Classes

> Register Here

Preschool 2:

These preschoolers learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. While wearing a lifejacket they'll glide on their front and back.

To register for this class child must be comfortable in a swim lesson without a parent in the water.

January 8 th – March 11 th No Class February 19 th	Mon 11:00a - 11:30a	320-3300	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 4:30p - 5:00p	320-3301	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 5:00p - 5:30p	320-3302	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:00p - 6:30p	320-3303	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:15p - 6:45p	320-3304	9 Classes
January 9 th – March 5 th	Tue 4:30p - 5:00p	320-3305	9 Classes
January 9 th – March 5 th	Tue 6:00p - 6:30p	320-3306	9 Classes
January 10 th – March 6 th	Wed 5:00p - 5:30p	320-3307	9 Classes
January 10 th – March 6 th	Wed 6:00p - 6:30p	320-3308	9 Classes
January 10 th – March 6 th	Wed 6:30p - 7:00p	320-3309	9 Classes
January 11 th – March 7 th	Thu 4:30p - 5:00p	320-3310	9 Classes
January 11 th – March 7 th	Thu 5:00p - 5:30p	320-3311	9 Classes
January 11 th – March 7 th	Thu 6:15p - 6:45p	320-3312	9 Classes
January 11 th – March 7 th	Thu 7:00p - 7:30p	320-3313	9 Classes
January 12 th – March 8 th	Fri 4:30p - 5:00p	320-3314	9 Classes
January 13 th – March 9 th	Sat 11:45a - 12:15p	320-3315	9 Classes
January 13 th – March 9 th	Sat 12:45p - 1:15p	320-3316	9 Classes

January 13 th – March 9 th	Sat 1:15p - 1:45p	320-3317	9 Classes
January 13 th – March 9 th	Sat 3:00p - 3:30p	320-3318	9 Classes
January 14 th – March 10 th	Sun 9:00a - 9:30a	320-3319	9 Classes
January 14 th – March 10 th	Sun 10:30a - 11:00a	320-3320	9 Classes
January 14 th – March 10 th	Sun 11:30a - 12:00p	320-3321	9 Classes
January 14 th – March 10 th	Sun 12:00p - 12:30p	320-3322	9 Classes
January 14 th – March 10 th	Sun 12:30p - 1:00p	320-3323	9 Classes
January 14 th – March 10 th	Sun 2:00p - 2:30p	320-3324	9 Classes

> Register Here

Preschool 3:

In this level participants will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.

To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles 3x, float on front and back comfortably in a lifejacket, glide on front and back for 3m comfortably in a lifejacket and be able to do flutter kick on back with a kick board for 5m.

January 8 th – March 11 th No Class February 19 th	Mon 4:30p - 5:00p	320-3400	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 5:00p - 5:30p	320-3401	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:30p - 7:00p	320-3402	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 7:00p - 7:30p	320-3403	9 Classes
January 9 th – March 5 th	Tue 4:30p - 5:00p	320-3404	9 Classes
January 9 th – March 5 th	Tue 5:00p - 5:30p	320-3405	9 Classes
January 9 th – March 5 th	Tue 5:00p - 5:30p	320-3406	9 Classes
January 9 th – March 5 th	Tue 5:30p - 6:00p	320-3407	9 Classes
January 9 th – March 5 th	Tue 7:00p - 7:30p	320-3408	9 Classes
January 10 th – March 6 th	Wed 1:30p - 2:00p	320-3409	9 Classes
January 10 th – March 6 th	Wed 5:00p - 5:30p	320-3410	9 Classes
January 10 th – March 6 th	Wed 7:00p - 7:30p	320-3411	9 Classes
January 11 th – March 7 th	Thu 5:00p - 5:30p	320-3412	9 Classes
January 13 th – March 9 th	Sat 11:15a - 11:45a	320-3413	9 Classes
January 13 th – March 9 th	Sat 11:45a - 12:15p	320-3414	9 Classes
January 13 th – March 9 th	Sat 12:45p - 1:15p	320-3415	9 Classes
January 13 th – March 9 th	Sat 1:45p - 2:15p	320-3416	9 Classes

January 14 th – March 10 th	Sun 10:30a - 11:00a	320-3417	9 Classes
January 14 th – March 10 th	Sun 11:30a - 12:00p	320-3418	9 Classes
January 14 th – March 10 th	Sun 2:00p - 2:30p	320-3419	9 Classes

> Register Here

Preschool 4:

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short (5 m) front crawl swim on their front wearing a lifejacket and gliding and kicking on their side.

To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles 5x, hold breath underwater for 3 seconds, float on front and back unassisted for 5 seconds, glide on front and back for 3m unassisted, roll laterally front to back and back to front unassisted, and be able to do flutter kick on back and front unassisted for 5m.

January 8 th – March 11 th No Class February 19 th	Mon 5:30p - 6:00p	320-3500	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:45p - 7:15p	320-3501	9 Classes
January 10 th – March 6 th	Wed 3:00p - 3:30p	320-3502	9 Classes
January 10 th – March 6 th	Wed 4:30p - 5:30p	320-3503	9 Classes
January 10 th – March 6 th	Wed 5:30p - 6:00p	320-3504	9 Classes
January 10 th – March 6 th	Wed 6:30p - 7:00p	320-3505	9 Classes
January 11 th – March 7 th	Thu 6:30p - 7:00p	320-3506	9 Classes
January 13 th – March 9 th	Sat 12:15p - 12:45p	320-3507	9 Classes
January 13 th – March 9 th	Sat 12:45p - 1:15p	320-3508	9 Classes
January 14 th – March 10 th	Sun 11:00a - 11:30a	320-3509	9 Classes
January 14 th – March 10 th	Sun 12:00p - 12:30p	320-3510	9 Classes

> Register Here

Preschool 5:

These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and work on whip kick.

To register for this class the child must be comfortable being in a swim lesson without a parent & able to complete the following skills: submerge head and blow bubbles with eyes open 5x, glide on side with kick for 5m, flutter kick on front and back for 7m, and be able to do front crawl with a PFD for 5m.

The swimmer must also have completed the swim to survive challenge for preschool level 4, wearing a PFD complete the following skills sequentially: tread water for 15 seconds, complete a roll-over float from front to back and swim 5m.

January 8 th – March 11 th No Class February 19 th	Mon 6:00p - 6:30p	320-3600	9 Classes
January 9 th – March 5 th	Tue 7:00p - 7:30p	320-3601	9 Classes
January 10 th – March 6 th	Wed 6:00p - 6:30p	320-3602	9 Classes
January 13 th – March 9 th	Sat 12:45p - 1:15p	320-3603	9 Classes
January 14 th – March 10 th	Sun 11:30a - 12:00p	320-3604	9 Classes

> Register Here

Lifesaving Society Swim for Life Swimmer Program Overview

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep. Swimmer progressions accommodate children 6 years and older including beginners as well as swimmers who want to build on the basics. We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

This class is designed for ages 6 years to 12 years old.



Level Description

Swimmer 1:

These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale, and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.

Participant Min: 2 | Max: 5

Cost per 9 classes: Members: \$112.50 | Non-members: \$133.20

January 8 th – March 11 th No Class February 19 th	Mon 4:00p - 4:30p	320-4100	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 4:30p - 5:00p	320-4101	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 5:45p - 6:16p	320-4102	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:30p - 7:00p	320-4103	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 7:30p - 8:00p	320-4104	9 Classes
January 9 th – March 5 th	Tue 4:30p - 5:00p	320-4105	9 Classes

January 9 th – March 5 th	Tue 5:30p - 6:00p	320-4106	9 Classes
January 9 th – March 5 th	Tue 6:00p - 6:30p	320-4107	9 Classes
January 9 th – March 5 th	Tue 6:30p - 7:00p	320-4108	9 Classes
January 10 th – March 6 th	Wed 4:00p - 4:30p	320-4109	9 Classes
January 10 th – March 6 th	Wed 4:30p - 5:00p	320-4110	9 Classes
January 10 th – March 6 th	Wed 5:00p - 5:30p	320-4111	9 Classes
January 10 th – March 6 th	Wed 6:00p - 6:30p	320-4112	9 Classes
January 10 th – March 6 th	Wed 7:00p - 7:30p	320-4113	9 Classes
January 11 th – March 7 th	Thu 4:30p - 5:00p	320-4114	9 Classes
January 11 th – March 7 th	Thu 5:00p - 5:30p	320-4115	9 Classes
January 11 th – March 7 th	Thu 5:00p - 5:30p	320-4116	9 Classes
January 11 th – March 7 th	Thu 5:30p - 6:00p	320-4117	9 Classes
January 12 th – March 8 th	Fri 4:00p - 4:30p	320-4118	9 Classes
January 13 th – March 9 th	Sat 10:15a - 10:45a	320-4119	9 Classes
January 13 th – March 9 th	Sat 11:45a - 12:15a	320-4120	9 Classes
January 13 th – March 9 th	Sat 1:15p - 1:45p	320-4121	9 Classes
January 13 th – March 9 th	Sat 1:15p - 1:45p	320-4122	9 Classes
January 13 th – March 9 th	Sat 2:30p - 3:00p	320-4123	9 Classes
January 14 th – March 10 th	Sun 9:00a - 9:30a	320-4124	9 Classes
January 14 th – March 10 th	Sun 11:00a - 11:30a	320-4125	9 Classes
January 14 th – March 10 th	Sun 12:00p - 12:30p	320-4126	9 Classes
January 14 th – March 10 th	Sun 12:45p - 1:15p	320-4127	9 Classes
January 14 th – March 10 th	Sun 1:00p - 1:30p	320-4128	9 Classes

> Register Here

Swimmer 2:

These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).

To register for this class the child must be able to successfully complete the following skills: tread water with PFD for 30 seconds, hold breath underwater for 5 seconds, submerge and blow bubbles 5x with eyes open, front and back float unassisted for 5 seconds, glide on front, back and side for 3m, flutter kick with a kick board on front and back for 5m each and front crawl for 5m with a PFD.

Participant Min: 2 | Max: 5

Cost per 9 classes: Members: \$112.50 | Non-members: \$133.20

January 8 th – March 11 th No Class February 19 th	Mon 4:30p - 5:00p	320-4200	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:30p - 7:00p	320-4201	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 7:00p - 7:30p	320-4202	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 7:00p - 7:30p	320-4203	9 Classes
January 9 th – March 5 th	Tue 4:30p - 5:00p	320-4204	9 Classes
January 9 th – March 5 th	Tue 5:30p - 6:00p	320-4205	9 Classes
January 9 th – March 5 th	Tue 6:30p - 7:00p	320-4206	9 Classes
January 9 th – March 5 th	Tue 6:30p - 7:00p	320-4207	9 Classes
January 10 th – March 6 th	Wed 4:30p - 5:00p	320-4208	9 Classes
January 10 th – March 6 th	Wed 5:30p - 6:00p	320-4209	9 Classes
January 10 th – March 6 th	Wed 5:30p - 6:00p	320-4210	9 Classes
January 10 th – March 6 th	Wed 6:30p - 7:00p	320-4211	9 Classes
January 10 th – March 6 th	Wed 7:00p - 7:30p	320-4212	9 Classes
January 11 th – March 7 th	Thu 4:30p - 5:00p	320-4213	9 Classes
January 11 th – March 7 th	Thu 5:30p - 6:00p	320-4214	9 Classes

January 11 th – March 7 th	Thu 6:30p - 7:00p	320-4215	9 Classes
January 11 th – March 7 th	Thu 7:00p - 7:30p	320-4216	9 Classes
January 12 th – March 8 th	Fri 4:00p - 4:30p	320-4217	9 Classes
January 13 th – March 9 th	Sat 10:15a - 10:45a	320-4218	9 Classes
January 13 th – March 9 th	Sat 11:45a - 12:15p	320-4219	9 Classes
January 13 th – March 9 th	Sat 12:15p - 12:45p	320-4220	9 Classes
January 13 th – March 9 th	Sat 1:15p - 1:45p	320-4221	9 Classes
January 13 th – March 9 th	Sat 1:45p - 2:15p	320-4222	9 Classes
January 13 th – March 9 th	Sat 3:00p - 3:30p	320-4223	9 Classes
January 14 th – March 10 th	Sun 10:00a - 10:30a	320-4224	9 Classes
January 14 th – March 10 th	Sun 10:30a - 11:00a	320-4225	9 Classes
January 14 th – March 10 th	Sun 11:30a - 12:00p	320-4226	9 Classes
January 14 th – March 10 th	Sun 12:00p - 12:30p	320-4227	9 Classes
January 14 th – March 10 th	Sun 12:30p - 1:00p	320-4228	9 Classes
January 14 th – March 10 th	Sun 1:30p - 2:00p	320-4229	9 Classes

> Register Here

Swimmer 3:

These junior swimmers will work on distance, do front somersaults, and handstands in water. They'll work on 15m of front crawl, back crawl, and 10 m of whip kick. Flutter kick interval training increases to (4 x 15 m).

To register for this class the child must be able to successfully complete the following skills: tread water for 15 seconds, recover object from bottom in chest deep water, front, back and side kick for 10m each, front and back crawl for 10m each and vertical whip kick for 30 seconds with an aid.

Participant Min: 2 | Max: 5

Cost per 9 classes: Members: \$112.50 | Non-members: \$133.20

January 8 th – March 11 th No Class February 19 th	Mon 4:30p - 5:00p	320-4300	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:00p - 6:30p	320-4301	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:15p - 6:45p	320-4302	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 6:45p - 7:15p	320-4303	9 Classes
January 9 th – March 5 th	Tue 5:30p - 6:00p	320-4304	9 Classes
January 9 th – March 5 th	Tue 6:00p - 6:30p	320-4305	9 Classes
January 10 th – March 6 th	Wed 5:00p - 5:30p	320-4306	9 Classes
January 10 th – March 6 th	Wed 6:30p - 7:00p	320-4307	9 Classes
January 10 th – March 6 th	Wed 7:00p - 7:30p	320-4308	9 Classes
January 11 th – March 7 th	Thu 4:30p - 5:00p	320-4309	9 Classes
January 11 th – March 7 th	Thu 5:30p - 6:00p	320-4310	9 Classes
January 11 th – March 7 th	Thu 6:00p - 6:30p	320-4311	9 Classes
January 11 th – March 7 th	Thu 6:45p - 7:15p	320-4312	9 Classes
January 11 th – March 7 th	Thu 7:00p - 7:30p	320-4313	9 Classes
January 13 th – March 9 th	Sat 11:15a - 11:45a	320-4314	9 Classes
January 13 th – March 9 th	Sat 12:45p - 1:15p	320-4315	9 Classes

January 13 th – March 9 th	Sat 1:45p - 2:15p	320-4316	9 Classes
January 13 th – March 9 th	Sat 3:30p - 4:00p	320-4317	9 Classes
January 13 th – March 9 th	Sat 4:00p - 4:30p	320-4318	9 Classes
January 14 th – March 10 th	Sun 10:00a - 10:30a	320-4319	9 Classes
January 14 th – March 10 th	Sun 10:30a - 11:00a	320-4320	9 Classes
January 14 th – March 10 th	Sun 11:30a - 12:00p	320-4321	9 Classes
January 14 th – March 10 th	Sun 12:15p - 12:45p	320-4322	9 Classes

> Register Here

Swimmer 4:

These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.

To register for this class the child must be able to successfully complete the following skills: tread water for 30 seconds, front, back and side kick for 5m each and be able to change directions without stopping, front and back crawl for 15m each and whip kick on back for 10m.

Participant Min: 3 | Max: 6

Cost per 9 classes: Members: \$119.25 | Non-members: \$141.30

January 8 th – March 11 th No Class February 19 th	Mon 5:00p - 5:45p	320-4400	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 7:15p - 8:00p	320-4401	9 Classes
January 9 th – March 5 th	Tue 4:30p - 5:15p	320-4402	9 Classes
January 9 th – March 5 th	Tue 4:30p - 5:15p	320-4403	9 Classes
January 10 th – March 6 th	Wed 5:15p - 6:00p	320-4404	9 Classes
January 11 th – March 7 th	Thu 5:30p - 6:15p	320-4405	9 Classes
January 11 th – March 7 th	Thu 7:15p - 8:00p	320-4406	9 Classes
January 13 th – March 9 th	Sat 10:15a - 11:00a	320-4407	9 Classes
January 13 th – March 9 th	Sat 11:00a - 11:45a	320-4408	9 Classes
January 13 th – March 9 th	Sat 12:30p - 1:15p	320-4409	9 Classes
January 14 th – March 10 th	Sun 9:00a - 9:45a	320-4410	9 Classes
January 14 th – March 10 th	Sun 9:45a - 10:30a	320-4411	9 Classes
January 14 th – March 10 th	Sun 9:45a - 10:30a	320-4412	9 Classes
January 14 th – March 10 th	Sun 11:15a - 12:00p	320-4413	9 Classes

> Register Here

Swimmer 5:

These swimmers will master cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.

To register for this class the child must be able to successfully complete the following skills: tread water for 1 minute, swim underwater for 5m, front and back crawl for 25m each and whip kick on back for 15m.

Participant Min: 3 | Max: 6

Cost per 9 classes: Members: \$119.25 | Non-members: \$141.30

January 8 th – March 11 th No Class February 19 th	Mon 5:00p - 5:45p	320-4500	9 Classes
January 8 th – March 11 th No Class February 19 th	Mon 7:30p - 8:15p	320-4501	9 Classes
January 9 th – March 5 th	Tue 5:15p - 6:00p	320-4502	9 Classes
January 9 th – March 5 th	Tue 6:45p - 7:30p	320-4503	9 Classes
January 10 th – March 6 th	Wed 4:30p - 5:15p	320-4504	9 Classes
January 11 th – March 7 th	Thu 6:30p - 7:15p	320-4505	9 Classes
January 13 th – March 9 th	Sat 11:45a - 12:30p	320-4506	9 Classes
January 14 th – March 10 th	Sun 9:00a - 9:45a	320-4507	9 Classes
January 14 th – March 10 th	Sun 10:30a - 11:15a	320-4508	9 Classes

> Register Here

Swimmer 6:

These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke.

To register for this class the child must be able to successfully complete the following skills: tread water for 2 minutes, roll into water, front and back crawl for 50m each and breaststroke for 25m.

Participant Min: 3 | Max: 6

Cost per 9 classes: Members: \$119.25 | Non-members: \$141.30

January 8 th – March 11 th No Class February 19 th	Mon 5:00p - 5:45p	320-4600	9 Classes
January 9 th – March 5 th	Tue 6:00p - 6:45p	320-4601	9 Classes
January 10 th – March 6 th	Wed 6:00p - 6:45p	320-4602	9 Classes
January 11 th – March 7 th	Thu 5:45p - 6:30p	320-4603	9 Classes
January 14 th – March 10 th	Sun 11:30a - 12:15p	320-4604	9 Classes

> Register Here

Private Lesson Program Overview

Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **All private lessons can be booked online.**

WE CANNOT ADJUST A PRIVATE TO A SEMI-PRIVATE CLASS – PLEASE REGISTER FOR SEMI-PRIVATE IF YOU NEED MORE THAN 1 PARTICIPANT IN A CLASS.

Kiddie Pool Private Swim Lessons:

Restricted to the leisure pool. Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Preschool Swimmer Levels or focus on specific swimming skills. **Individual private lessons can be booked online.**

Lap Pool Private Swim Lessons:

Restricted to the lap pool. Participants learn to swim with your very own instructor one on one! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **Individual private lessons can be booked online.**

Class size will be max 1 participant.

Cost per 9 classes: Member Price: \$306.00 / Non-Member: \$369.00

January 8 th – March 11 th No Class February 19 th	Kiddie Pool Private	Mon 5:30p - 6:00p	320-1100	9 Classes
January 9 th – March 5 th	Kiddie Pool Private	Tue 6:00p - 6:30p	320-1101	9 Classes
January 11 th – March 7 th	Kiddie Pool Private	Thu 5:30p - 6:00p	320-1102	9 Classes
January 12 th – March 8 th	Kiddie Pool Private	Fri 6:00p - 6:30p	320-1103	9 Classes
January 13 th – March 9 th	Kiddie Pool Private	Sat 12:15p - 12:45p	320-1104	9 Classes
January 14 th – March 10 th	Kiddie Pool Private	Sun 12:30p - 1:00p	320-1105	9 Classes
January 14 th – March 10 th	Kiddie Pool Private	Sun 2:30p - 3:00p	320-1106	9 Classes

January 8 th – March 11 th No Class February 19 th	Lap Pool Private	Mon 4:30p - 5:00p	320-2100	9 Classes
January 8 th – March 11 th No Class February 19 th	Lap Pool Private	Mon 5:00p - 5:30p	320-2101	9 Classes
January 8 th – March 11 th	Lap Pool Private	Mon 6:30p - 7:00p	320-2102	9 Classes

No Class February 19th				
January 8 th – March 11 th No Class February 19th	Lap Pool Private	Mon 7:00p - 7:30p	320-2103	9 Classes
January 8 th – March 11 th No Class February 19th	Lap Pool Private	Mon 7:30p - 8:00p	320-2104	9 Classes
January 9 th – March 5 th	Lap Pool Private	Tue 4:30p - 5:00p	320-2105	9 Classes
January 9 th – March 5 th	Lap Pool Private	Tue 5:00p - 5:30p	320-2106	9 Classes
January 9 th – March 5 th	Lap Pool Private	Tue 6:30p - 7:00p	320-2107	9 Classes
January 9 th – March 5 th	Lap Pool Private	Tue 7:00p - 7:30p	320-2108	9 Classes
January 9 th – March 5 th	Lap Pool Private	Tue 7:00p - 7:30p	320-2109	9 Classes
January 10 th – March 6 th	Lap Pool Private	Wed 6:00p - 6:30p	320-2110	9 Classes
January 10 th – March 6 th	Lap Pool Private	Wed 6:30p - 7:00p	320-2111	9 Classes
January 11 th – March 7 th	Lap Pool Private	Thu 6:00p - 6:30p	320-2112	9 Classes
January 11 th – March 7 th	Lap Pool Private	Thu 7:00p - 7:30p	320-2113	9 Classes
January 11 th – March 7 th	Lap Pool Private	Thu 7:15p - 4:35p	320-2114	9 Classes
January 11 th – March 7 th	Lap Pool Private	Thu 7:30p - 8:00p	320-2115	9 Classes
January 11 th – March 7 th	Lap Pool Private	Thu 7:30p - 8:00p	320-2116	9 Classes
January 11 th – March 7 th	Lap Pool Private	Thu 7:30p - 8:00p	320-2117	9 Classes
January 12 th – March 8 th	Lap Pool Private	Fri 5:00p - 5:30p	320-2118	9 Classes
January 12 th – March 8 th	Lap Pool Private	Fri 6:00p - 6:30p	320-2119	9 Classes
January 13 th – March 9 th	Lap Pool Private	Sat 10:45a - 11:15a	320-2120	9 Classes
January 13 th – March 9 th	Lap Pool Private	Sat 10:45a - 11:15a	320-2121	9 Classes
January 13 th – March 9 th	Lap Pool Private	Sat 12:15p - 12:45p	320-2122	9 Classes
January 13 th – March 9 th	Lap Pool Private	Sat 1:45p - 2:15p	320-2123	9 Classes
January 13 th – March 9 th	Lap Pool Private	Sat 1:45p - 2:15p	320-2124	9 Classes
January 13 th – March 9 th	Lap Pool Private	Sat 4:30p - 5:00p	320-2125	9 Classes

January 13 th – March 9 th	Lap Pool Private	Sat 5:00p - 5:30p	320-2126	9 Classes
January 14 th – March 10 th	Lap Pool Private	Sun 9:30a - 10:00a	320-2127	9 Classes
January 14 th – March 10 th	Lap Pool Private	Sun 11:00a - 11:30a	320-2128	9 Classes
January 14 th – March 10 th	Lap Pool Private	Sun 12:30p - 1:00p	320-2129	9 Classes
January 14 th – March 10 th	Lap Pool Private	Sun 3:00p - 3:30p	320-2130	9 Classes
January 14 th – March 10 th	Lap Pool Private	Sun 3:30p - 4:00p	320-2131	9 Classes
January 14 th – March 10 th	Lap Pool Private	Sun 3:30p - 4:00p	320-2132	9 Classes

Semi-Private Lesson Program Overview

Participants learn to swim with two participants and one instructor! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **All semi-private lessons can be booked online.**

With semi-private swim lessons, both participants must be in a similar level.

The options are:

- Preschool 1-2 Semi-Private.
- Preschool 3-5 Semi-Private.
- Swimmer 1-3 Semi-Private.
- Swimmer 4-6 Semi-Private.

If the two participants you are wanting to register for semi-private fall into different level categories by 1 level (ex: Preschool 5 and Swimmer 1), please place them according to if you would like them in the Kiddie pool (Preschool) or Lap Pool (Swimmer 1-3). If you have a participant in Swimmer 3 and Swimmer 4 that you would like registered together, please pick date and times that suit best, instructors will be able to accommodate.

Kiddie Pool Semi-Private Swim Lessons:

Restricted to the leisure pool. Participants learn to swim with two participants and one instructor! With an individualized and adaptable approach swimmers' will work towards achieving their Preschool Swimmer Levels or focus on specific swimming skills. **Swimmers must be in a similar level. The options for classes using the Kiddie Pool include: Preschool 1-2 Semi-Private and Preschool 3-5 Semi-Private. Semi-Private lessons can be booked online.**

Lap Pool Semi-Private Swim Lessons:

Restricted to the lap pool. Participants learn to swim with two participants and one instructor! With an individualized and adaptable approach swimmers' will work towards achieving their Swimmer Levels or focus on specific swimming skills. **Swimmers must be in a similar level. The options for classes using the Lap Pool include: Swimmer 1-3 Semi-Private and Swimmer 4-6 Semi Private. Semi-Private lessons can be booked online.**

Class size will be max 2 participants.

Cost per 9 classes: Member Price: \$198.00 / Non-Member: \$235.80

January 8 th – March 11 th No Class February 19 th	Preschool 3-5	Mon 6:45p - 7:15p	320-1200	9 Classes
January 9 th – March 5 th	Preschool 1-2	Tue 5:30p - 6:00p	320-1201	9 Classes
January 10 th – March 6 th	Preschool 1-2	Wed 5:00p - 5:30p	320-1203	9 Classes
January 11 th – March 7 th	Preschool 1-2	Thu 5:00p - 5:30p	320-1204	9 Classes
January 12 th – March 8 th	Preschool 1-2	Fri 4:00p - 4:30p	320-1205	9 Classes
January 12 th – March 8 th	Preschool 3-5	Fri 5:30p - 6:00p	320-1206	9 Classes

January 13 th – March 9 th	Preschool 1-2	Sat 10:45a - 11:15a	320-1207	9 Classes
January 13 th – March 9 th	Preschool 3-5	Sat 1:15p - 1:45p	320-1208	9 Classes
January 13 th – March 9 th	Preschool 1-2	Sat 3:30p - 4:00p	320-1209	9 Classes
January 14 th – March 10 th	Preschool 1-2	Sun 9:00a - 9:30a	320-1210	9 Classes
January 14 th – March 10 th	Preschool 3-5	Sun 9:30a - 10:00a	320-1211	9 Classes
January 14 th – March 10 th	Preschool 1-2	Sun 12:00p - 12:30p	320-1212	9 Classes

January 8 th – March 11 th No Class February 19 th	Swimmer 1-3	Mon 5:30p - 6:00p	320-2200	9 Classes
January 8 th – March 11 th No Class February 19 th	Swimmer 1-3	Mon 5:45p - 6:15p	320-2201	9 Classes
January 8 th – March 11 th No Class February 19 th	Swimmer 4-6	Mon 7:30p - 8:00p	320-2202	9 Classes
January 9 th – March 5 th	Swimmer 1-3	Tue 5:00p - 5:30p	320-2203	9 Classes
January 9 th – March 5 th	Swimmer 1-3	Tue 6:00p - 6:30p	320-2204	9 Classes
January 9 th – March 5 th	Swimmer 1-3	Tue 7:00p - 7:30p	320-2205	9 Classes
January 9 th – March 5 th	Swimmer 4-6	Tue 7:00p - 7:30p	320-2206	9 Classes
January 10 th – March 6 th	Swimmer 1-3	Wed 5:30p - 6:00p	320-2207	9 Classes
January 10 th – March 6 th	Swimmer 4-6	Wed 6:00p - 6:30p	320-2208	9 Classes
January 10 th – March 6 th	Swimmer 1-3	Wed 6:45p - 7:15p	320-2209	9 Classes
January 10 th – March 6 th	Swimmer 4-6	Wed 7:30p - 8:00p	320-2210	9 Classes
January 11 th – March 7 th	Swimmer 1-3	Thu 6:00p - 6:30p	320-2211	9 Classes
January 11 th – March 7 th	Swimmer 4-6	Thu 6:30p - 7:00p	320-2212	9 Classes
January 12 th – March 8 th	Swimmer 1-3	Fri 4:30p - 5:00p	320-2213	9 Classes
January 12 th – March 8 th	Swimmer 1-3	Fri 5:00p - 5:30p	320-2214	9 Classes
January 12 th – March 8 th	Swimmer 4-6	Fri 5:30p - 6:00p	320-2215	9 Classes

January 12 th – March 8 th	Swimmer 1-3	Fri 6:00p - 6:30p	320-2216	9 Classes
January 13 th – March 9 th	Swimmer 4-6	Sat 11:15a - 11:45a	320-2217	9 Classes
January 13 th – March 9 th	Swimmer 1-3	Sat 1:15p - 1:45p	320-2218	9 Classes
January 13 th – March 9 th	Swimmer 1-3	Sat 1:45p - 2:15p	320-2219	9 Classes
January 13 th – March 9 th	Swimmer 1-3	Sat 4:00p - 4:30p	320-2220	9 Classes
January 13 th – March 9 th	Swimmer 4-6	Sat 4:30p - 5:00p	320-2221	9 Classes
January 13 th – March 9 th	Swimmer 1-3	Sat 5:00p - 5:30p	320-2222	9 Classes
January 14 th – March 10 th	Swimmer 1-3	Sun 12:00p - 12:30p	320-2223	9 Classes
January 14 th – March 10 th	Swimmer 4-6	Sun 12:30p - 1:00p	320-2224	9 Classes
January 14 th – March 10 th	Swimmer 1-3	Sun 2:30p - 3:00p	320-2225	9 Classes
January 14 th – March 10 th	Swimmer 1-3	Sun 3:00p - 3:30p	320-2226	9 Classes

> Register Here

Swim Patrol Overview

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning, and lifesaving judgment.

To register for these classes the child must be able to successfully complete Swimmer 6 or the following skills: legs only treading water for 45 seconds (eggbeater preferred), swim underwater for 10m and recover object, roll into water, front and back crawl for 100m each and breaststroke for 50m, scissor kick for 15m.

Participant Min: 4 | Max: 10

Cost per 10 classes: Members: \$123.50 | Non-members: \$148.00



Rookie Patrol: Swimmers continue stroke development with 50 m swims of front crawl, back crawl, and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

To register for this class the child must have passed Swimmers 6 or be able to successfully complete the following skills: legs only treading water for 45 seconds (eggbeater preferred), swim underwater for 10m and recover object, roll into water, front and back crawl for 100m each and breaststroke for 50m, scissor kick for 15m.

Rookie Patrol	January 8 th – March 11 th No Class February 19 th	Mon 7:15p - 8:30p	320-6100	9 Classes
Rookie Patrol	January 11 th – March 7 th	Thu 4:30p - 5:45p	320-6101	9 Classes

Ranger Patrol:

Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

To register for this class the child must be able have passed Ranger Patrol

Ranger Patrol	January 10 th – March 6 th	Wed 4:30p - 5:45p	320-6200	9 Classes
Ranger Patrol	January 14 th – March 10 th	Sun 9:00a - 10:15a	320-6201	9 Classes

Star Patrol:

Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

To register for this class the child must be able have passed Ranger Patrol

Star Patrol	January 10 th – March 6 th	Wed 5:45p - 7:00p	320-6300	9 Classes
Star Patrol	January 14 th – March 10 th	Sun 10:15a - 11:30a	320-6301	9 Classes

> Register Here

Adult/Teen Program Overview

Whether you're just starting out or just want help with your strokes, our Adult/Teen program is the place for you! Set your own goals. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness. You'll develop water confidence and smooth recognizable strokes for lane swimming and fitness. We incorporate Lifesaving Society Water Smart® education in all Adult/Teen levels.

This class is designed for ages 13 years older.

Participant Min: 2 | Max: 6

Cost per 9 classes: Members: \$119.25 | Non-members: \$141.30



Adult/Teen 1:

You'll work towards a 10–15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9–12 m interval training.

Adult/Teen 2:

Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10–15 m. You'll be supporting yourself at the surface for 1–2 minutes and showing off your handstands in shallow water.

Adult/Teen 3:

You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25–50 m. You'll master your front crawl, back crawl, and breaststroke.

If you are a strong Adult/Teen 1 but a weak **Adult/Teen 2**, consider taking the Adult/Teen 1 & 2 Combined class.

Adult/Teen 1 & 2	January 10 th – March 6 th	Wed 7:15p - 7:45p	320-5000	9 Classes
Adult/Teen 1	January 12 th – March 8 th	Fri 5:00p - 5:30p	320-5100	9 Classes
Adult/Teen 2	January 12 th – March 8 th	Fri 5:30p - 6:00p	320-5200	9 Classes
Adult/Teen 3	January 11 th – March 7 th	Thu 7:30p - 8:15p	320-5300	9 Classes

> Register Here

Bronze Medal Awards

The Canadian Lifesaving Program's Bronze Medal Awards provides swimmers with a fun and exciting opportunity to learn valuable lifesaving, first aid, and Water Smart® skills and knowledge. Bronze Star, Bronze Medallion, and Bronze Cross are designed for swimmers ages 8-15, but it's never too late to learn these valuable skills!



Bronze Star

Participant Min: 4 | Max: 12

Members: \$190.00 | Non-members: \$227.80

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skills, and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. *Prerequisites:* None.

Bronze Star	January 10 th – March 6 th	Wed 7:00p - 8:15p	320-6400	9 Classes
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> Register Here

Bronze Medallion

Participant Min: 4 | Max: 12

Members: \$231.00 | Non-members: \$277.00

4 or 5 WEEKS EACH

Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. *Prerequisite:* minimum 13 years of age or Bronze Star.

We will be offering 2 Bronze Medallion courses during the Winter 2024 session. Please see dates below.

Bronze Medallion	January 13 th – February 3 rd	Sat 1:00p - 4:45p	320-6500	4 Classes
Bronze Medallion	February 10 th – March 9 th	Sat 1:00p - 4:00p	320-6501	5 Classes

> Register Here

Bronze Cross and Standard First Aid & CPR-C

Participant Min: 4 | Max: 12

Members: \$360.00 | Non-members: \$446.00

The Lifesaving Society's Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. *Prerequisite:* Bronze Medallion.

Bronze Cross & SFA CPR-C	January 13 th – March 9 th	Sat 9:00a - 12:30p	320-6600	9 Classes
Bronze Cross & SFA CPR-C	January 14 th – March 10 th	Sun 1:00p - 4:30p	320-6601	9 Classes

> Register Here

First Aid & Leadership

Emergency First Aid and CPR – C

Participant Min: 4 | Max: 12

Members: \$88.00 | Non-members: \$110.00

The 7.5 hour Emergency First Aid course is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR, AED use, choking, respiratory and circulatory emergencies such as heart attack and stroke, bone & joint injuries, burns, medical/legal aspects and how to deal with external bleeding. *CPR-C is included.*

Emergency First Aid and CPR – C	February 4 th	Sun 9:00a -5:30p	320-0911
Emergency First Aid and CPR – C	March 26 th & March 28 th	4:00p – 8:00p	320-2911

> Register Here

Standard First Aid and CPR – C

Participant Min: 4 | Max: 12

Members: \$160.00 | Non-members: \$200.00

The 14-hour Standard First Aid course provides comprehensive training covering all aspects of first aid and CPR. This course is for those who want an in-depth understanding of first aid. It includes all the content for Emergency first Aid and the following: spinal injuries, heat or cold injuries, bone and joint injuries, abdominal and chest injuries, burns, poisonings, and medical emergencies. CPR-C is included.

Standard First Aid & CPR-C	March 26 th & 28 th	Tue/Thur 4:00p – 8:00p	320-1911
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> Register Here

Swim for Life and Lifesaving Instructor

Participant Min: 4 | Max: 12

Members: \$331.00 | Non-members: \$401.00

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

Lifesaving Instructors teach and evaluate the Canadian Lifesaving Program, including the Swim Patrol and Bronze Medal Awards. In a Lifesaving Instructor course, you learn the principles of teaching and learning, how to properly plan effective lessons, the many evaluation methods, and much, much more.

In Manitoba, our Lifesaving Instructor course also includes First Aid Instructor, Swim for Life Instructor, and Bronze & Distinction Examiner Appointments.

Prerequisites: minimum 15 years of age by start of the course and Bronze Cross.

S4L & LS Instructor	January 13 th – March 9 th	Sat 10:00p - 3:00p	320-6700	9 Classes
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> Register Here

Swim Club *NEW*

Barracuda Swim Club

Participant Max: 8

Age requirements: 10 – 99 years old

Skill requirements: Must have completed Swimmer 5 or be able to: tread water for 2 minutes, roll into water, front and back crawl for 50m each and breaststroke for 25m.

We will be hosting an Open House on Monday December 4th & Wednesday December 6th from 4:30p – 7:30p & Sunday December 10th from 12:00p – 4:00p where you can meet Coach Elizabeth and receive an assessment if you are unsure if Swim Club is for you.

Barracudas Swim Club is run by our certified trainer, Elizabeth Gendron who holds certifications in aquatic training with over 10 years experience coaching, first aid, and CPR. Elizabeth is also a former national competitive swimming athlete.

Swim Club is focused on delivering quality swimming instruction to participants. Elizabeth is working towards building a competitive team while fostering a love of sport as well as helping you master your physique and technique in the pool.

Program Highlights:

- 1. Comprehensive Curriculum:** The program covers a wide range of swimming skills, from basic stroke technique fundamentals to advanced techniques such as butterfly, freestyle, breaststroke, and backstroke.
- 2. Customized Instruction:** Participants will receive personalized attention based on their skill levels and goals, ensuring an effective learning experience.
- 3. Progress Tracking:** regular progress reports to both participants and parents/guardians, allowing them to monitor skill development and set achievable goals.

Barracudas	January 9 th – March 5 th	Tuesdays 6:00a – 7:00a		9 Classes
Barracudas	January 10 th – March 6 th	Wednesdays 8:00p – 9:00p		9 Classes
Barracudas	January 11 th – March 7 th	Thursdays 6:00a – 7:00a		9 Classes

1x Week Pack (9 classes):

Member: \$225.00

Non-Member: **\$266.40**

2X Week Pack (18 classes):

Member: \$405.00

Non-Member: \$479.52

3X Week Pack (27 classes):

Member: \$607.50

Non-Member: \$719.28

Single Class Pass:

Member: \$28

Non-Member: \$32.60